

# *HELSEACOMBATRON Contact Information*

**Commanding Officer**

CAPT Mike Ruth

[michael.s.ruth@navy.mil](mailto:michael.s.ruth@navy.mil)

(619) 545-8191

**Executive Officer**

CDR Jeffrey Nolan

[jeffrey.j.nolan@navy.mil](mailto:jeffrey.j.nolan@navy.mil)

(619) 545-8191

**Command Master Chief**

CMDCM James Ward

[james.c.ward@navy.mil](mailto:james.c.ward@navy.mil)

(619) 545-8193

**Command Career Counselor**

NC1 Mike Lyons

[michael.d.lyons1@navy.mil](mailto:michael.d.lyons1@navy.mil)

(619) 545-7058

**Office Phones**

Command Duty Office  
Administrative Office  
Legal Officer  
Personnel Security Officer  
Operations Officer  
Maintenance Officer  
AMO  
Training Officer  
Safety Officer  
Student Control Officer  
Maintenance Control  
MMCPO  
QA Office  
Toolroom  
Paraloft  
Airframes  
Power Plants  
Phase  
Avionics  
SAR Model Manager  
HCO/LSE  
FRAC/Training

**Commercial Phone**

(619) 545-8196/8197  
(619) 545-6153  
(619) 545-2379  
(619) 545-6153  
(619) 545-5105  
(619) 545-6432  
(619) 545-6423  
(619) 545-4373  
(619) 545-8183  
(619) 545-4373  
(619) 545-8204  
(619) 545-8204  
(619) 545-8179  
(619) 545-6422  
(619) 545-8113  
(619) 545-0106  
(619) 545-6845  
(619) 545-0108  
(619) 545-6842  
(619) 545-8622  
(619) 545-2601  
(619) 545-4371/4379

**DSN Phone**

735-8196/8197  
735-6153  
735-8189  
735-6153  
735-8184  
735-6432  
735-8207  
735-4373  
735-8183  
735-4373  
735-8204  
735-8199  
735-9894  
735-6976  
735-8209  
735-9943  
735-9945  
735-8533  
735-8178  
735-5402  
735-2601  
735-4371/4379

## *Helpful Numbers in San Diego*

<b>Housing</b>	San Diego Military Housing	619-556-8443
<b>Navy Lodge</b>	Naval Base San Diego Lodge	619-234-6142
	Naval Base Coronado	619-435-0191
<b>Utilities</b>	San Diego Gas & Electric	800-411-7343
<b>Water</b>	San Diego Water Utilities	619-515-3500
	San Diego Water Authority	619-682-4100
<b>Telephone</b>	Pacific Bell (Residential)	800-310-2355
<b>Pet Licenses</b>	San Diego Dept of Animal Control	619-595-4555
<b>US Postal Office</b>		800-275-8777
<b>Cable Television</b>	American International	619-435-8240
	Country Cable	760-789-2663
	Cox Cable	619-262-1122
		760-599-6060
		800-221-4188
	Daniels Cable Vision	760-931-7000
	Orion Cable	760-591-9600
	Time Warner Cable	858-695-3220
<b>Child Care</b>	YMCA Child Care Resource Center	800-481-2151
	Community Care Licensing	619-767-2200
	Child Care Resource Referral	619-556-8491
	Navy Family Homecare Program	619-556-7391
<b>CA DMV</b>	Chula Vista Office	619-427-5550
	El Cajon Office	619-447-1900
	Escondido Office	760-741-2811
	Oceanside Office	760-941-9300
	San Diego Office	619-688-0227
	San Diego Clairemont Office	858-565-6691
<b>Immunizations</b>	SD Baby Shots Line	619-692-6600
<b>SD Schools</b>	Attendance Boundaries	619-725-5668
	Office Of Education	858-292-3500
<b>Lending Locker</b>	Naval Base San Diego	619-556-7404
	Naval Base Coronado	619-545-6071
<b>TRICARE</b>	Tricare Service Center	800-242-6788
	Chula Vista Clinic	619-585-5555
	San Diego (Balboa Ave)	858-569-6664
	Naval Base Coronado	619-545-4319
	NAB (Active Duty)	619-437-3050
	NTC	619-524-4947
	Naval Station (Active Duty)	619-556-8101
	Naval Medical Center Information Appointments	619-532-8225
<b>SAPR Hotline</b>	San Diego Area SAPR Hotline	619-692-5909
<b>NASNI MWR</b>	Mon-Sat 9am-7pm/Sun 9am-530pm	619-545-9576
<b>NAVBASE MWR</b>	Mon-Fri 9am-5pm/Sat 9am-2pm	619-556-2180
<b>Fleet and Family Support Center</b>	Naval Base Coronado	619-545-6071
	Naval Base San Diego	619-556-7404
	Naval Base Point Loma	619-553-8306



**San Diego Exceptional Family Member Program Coordinators**

Naval Air Station North Island  
Officer In Charge  
Naval Branch Medical Clinic  
P.O. Box 357046  
San Diego, CA 92135-7046  
619-545-0398/4266  
DSN 735-0399  
FAX 619-545-0761

San Diego (Coronado)  
Officer In Charge, Branch Medical Clinic  
NAVAMPHIB Base Coronado  
3538 Bougainville Road  
San Diego, CA 92155-5046  
619-437-5886/2376  
DSN 577-5886/2376  
FAX 619-437-3056

San Diego (CSC) Balboa  
ATTN: EFM Program, NAVMEDCEN STE 100  
34520 Bob Wilson Drive  
San Diego, CA 92134-2100  
619-532-6910  
FAX 619-437-3056



### **School Information**

Educational Data Partnership  
STAR Testing Program

<http://www.ed-data.k12.ca.us>  
<http://star.cde.ca.gov>

### **Museums**

Cabrillo National Monument  
Children's Museum  
The Flying Leathernecks Museum  
Museum of Contemporary Art  
Museum of History and Art  
Museum of Making Music  
Quail Botanical Gardens  
Rueben H. Fleet Science Center  
San Diego Aerospace Museum  
San Diego Automobile Museum  
San Diego Hall of Champions Sports Museum  
San Diego Historical Society Museum/Research  
San Diego Maritime Museum  
San Diego Model Railroad Museum  
San Diego Museum of Art  
San Diego Museum of Man  
San Diego Natural History Museum

<http://www.nps.gov/cabr/index.htm>  
<http://www.thinkplaycreate.org>  
<http://flyingleathernecks.org>  
<http://mcasandiego.org>  
<http://coronadohistory.org>  
<http://museumofmakingmusic.org>  
<http://qbgardens.org>  
<http://rhffleet.org>  
<http://www.sandiegoairandspace.org>  
<http://sdautomuseum.org>  
<http://www.sdhoc.com>  
<http://www.sandiegohistory.org>  
<http://www.sdmaritime.org>  
<http://sdmodelrailroadm.com>  
<http://www.sdmart.org>  
<http://www.museumofman.org>  
<http://www.sdnhm.org/index.php5>

### **Other Attractions**

Birch Aquarium at Scripps  
San Diego Wild Animal Park  
World Famous San Diego Zoo  
LEGOLAND of California  
SEAWORLD of San Diego  
Belmont Park & Wavehouse  
Dave & Buster's  
Knott's Soak City  
San Diego Coaster Company

<http://aquarium.ucsd.edu>  
<http://www.sandiegozoo.org/park>  
<http://sandiegozoo.org>  
<http://legoland.com>  
<http://seaworld.com>  
<http://www.belmontpark.com>  
<http://www.daveandbusters.com>  
<http://soakcityusa.com>  
<http://giantdipper.com>

### **Casinos & Racetracks**

Barona Casino  
Vieja's Casino  
Pala Casino  
Pechenga Resort & Casino  
Sycuan Casino  
Del Mar Thoroughbred Club

<http://barona.com>  
<http://viejas.com>  
<http://palacasino.com>  
<http://pechenga.com>  
<http://sycuan.com>  
<http://www.dmtc.com>

### **Golf Courses**

Barona Creek Golf Club  
Carlton Oaks Lodge & Country Club  
Carmel Mountain Ranch Country Club  
Encinitas Ranch Golf Course

<http://barona.com>  
<http://www.carltonoaksgolf.com>  
<http://clubcmr.com>  
<http://jrcresorts.com>



Mission Bay Golf Resort  
Pala Mesa Resort  
Rancho Bernardo Inn  
Talega Golf Club  
Warner Springs Ranch

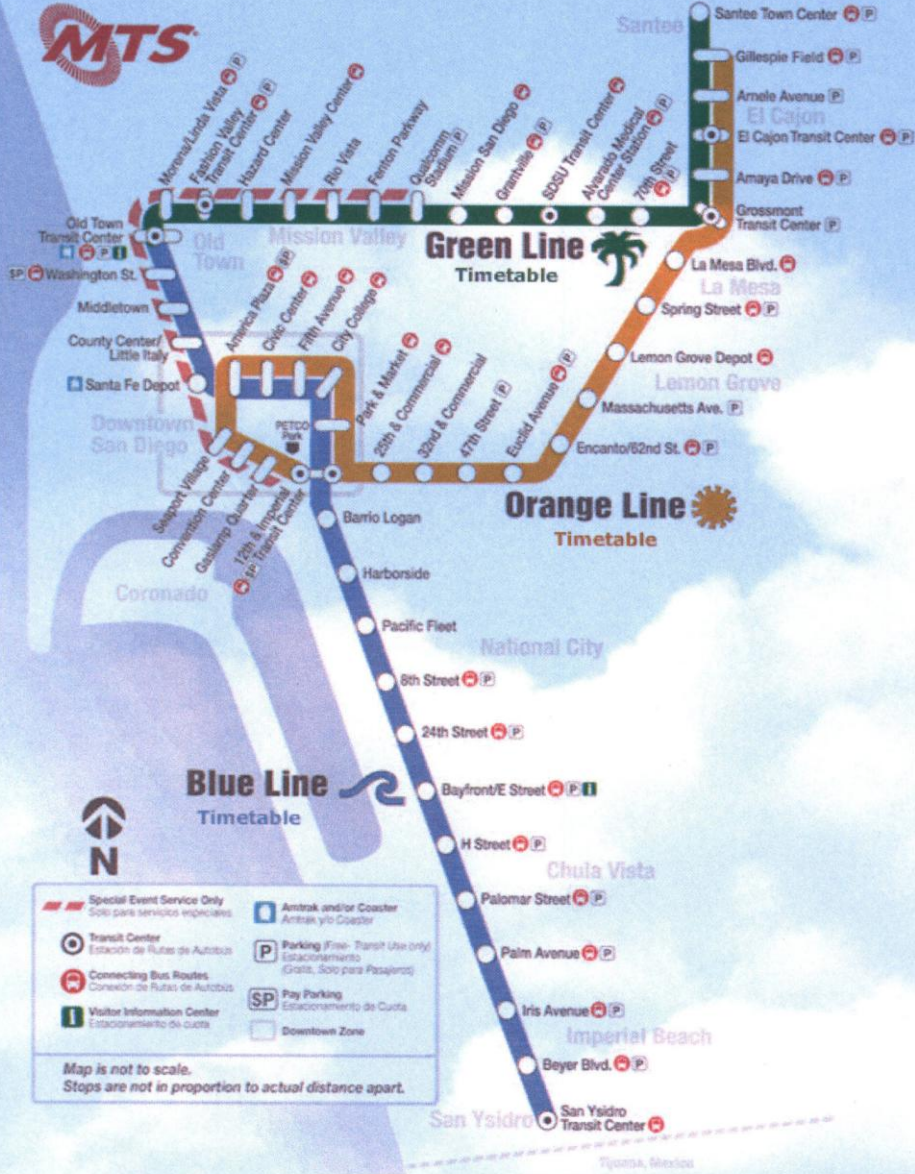
<http://campland.com>  
<http://www.palamesa.com>  
<http://ranchobernardoinn.com>  
<http://talegagolfclub.com>  
<http://www.warnersprings.com>

## Shopping

Baja Duty Free Store  
Bazaar Del Mundo  
Del Mar Plaza  
Lake Elsinore Outlet Center  
Las Americas  
Seaport Village  
Viejas Outlet Center  
Westfield Shoppingtown Horton Plaza

<http://bajadutyfree.com>  
<http://bazaardelmundo.com>  
<http://delmarplaza.com>  
<http://lakeelsinoreoutlet.com>  
<http://www.premiumoutlets.com>  
<http://www.seaportvillage.com>  
<http://shopviejas.com>  
<http://westfield.com>





San Diego Transit: (619)-233-3004



## Welcome Aboard San Diego!

Take a nostalgic 15-minute ride across the bay to Coronado. Now departing from two San Diego locations; Broadway Pier and the Convention Center. Once across you'll arrive at the [Coronado Ferry Landing](#), a waterfront marketplace full of over 25 unique shops and restaurants.

Taking the Ferry to work? **Commuters ride FREE** during early commuter hours between 5:40am and 8:50am. Click here to view the [Commuter Schedule](#). You will receive a return ticket from the crew to use that afternoon.

### Coronado Ferry Rates: Each Way

➤	Adult	\$3.75
➤	Children (under 3)	FREE

**For more information call:**  
**619-234-4111 or 800-44-CRUISE**  
**(27847)**

You may bring your bicycle with you for  
no extra charge!  
We also allow Segways on the Ferry

Ferry Tickets may be purchased at the Broadway Pier,  
5th Ave Landing or Coronado Ferry Landing.

During **Padre Games & Summer Pops**, Ferry to and from Convention Center will depart continuously for approx. 1.5 hours before event begins and one hour after event ends.

There is no smoking allowed on the ferry at any time.

### Ferry Boarding Locations:

- **Broadway Pier**, (Downtown SD): [1050 N. Harbor Drive San Diego Ca 92101](#)
- **Coronado Ferry Landing**, (Coronado Island): [1201 First Street, Coronado CA 92118](#)
- **Convention Center** (Convention Center Marina): [600 Convention Way, San Diego Ca 92101](#)



San Diego - Coronado:		Coronado - Convention Center:	
Broadway Pier To Coronado	Coronado To Broadway (Downtown SD)	Coronado To Convention Center	Convention Center To Coronado
9:00 am	9:30 am	9:17 am	9:25 am
10:00 am	10:30 am		
11:00 am	11:30 am	11:17 am	11:25 am
12:00 pm	12:30 pm		
1:00 pm	1:30 pm	1:17 pm	1:25 pm
2:00 pm	2:30 pm		
3:00 pm	3:30 pm	3:17 pm	3:25 pm
4:00 pm	4:30 pm		
5:00 pm	5:30 pm	5:17 pm	5:25 pm
6:00 pm	6:30 pm	6:17 pm	6:25 pm
7:00 pm	7:30 pm	8:17 pm	8:25 pm
8:00 pm	8:30 pm	10:17 pm*	10:25 pm*
9:00 pm	9:30 pm		
10:00 pm*	10:30 pm*		

\*Friday & Saturday Only.  
 Ferry Tickets may be purchased at the **Broadway Pier, 5th Ave Landing or Coronado Ferry Landing.**  
[View the Commuter Ferry Schedule](#)



## *Tijuana, Mexico*

Operation Safe Crossing is designed to deter underage drinking in Tijuana, Mexico and will be conducted Friday to Sunday nights throughout the year. San Diego Police will stop and ID any person believed to be 21 and younger before entering Mexico, and turn away anyone under the age of 18, who is not accompanied by their parent. ALL military personnel will be referred to Commander Navy Region Southwest (CNRSW) Border Shore Patrol for screening.

All military personnel without their Armed Forces Identification Card, will be denied entry into Mexico (per BUPERINST 7150.10B). San Diego police will arrest any person regardless of age, coming back from Tijuana who cannot care for themselves, due to intoxication. CNRSW Border Shore Patrol will maintain a visual presence and assist SDPD upon request in handling or taking custody of any military personnel.

### **CNRSW Border Shore Patrol will enforce the following current Mexico Liberty Policies:**

ALL Navy Personnel E-6 & Below MUST have an approved Special Request Chit prior to entering the Mexican Border area in a leave or liberty status. Liberty Chits are to be approved by the individual's command at the level leave or liberty would be granted, or otherwise, as prescribed by the individual's commanding officer. This policy (CNRSW 1500.1A) applies to all Navy personnel E-6 and Below, permanently or temporarily serving, stationed, or assigned within the Regional Command Authority (California, Nevada, and Arizona) of Commander Navy Region Southwest (CNRSW), including personnel assigned to Transiting Units, who travel across the Mexican Border into the "Border Area." The "Border Area" is defined as the territory of Mexico within 75 miles of the United States and Mexican Border.

Navy Commands will be notified of violations or suspected violations by Naval Message with an information copy to the Immediate Superior in Command (ISIC) (HSC-3 ISIC is Commander Naval Air Forces Pacific). A detailed incident complaint report will also be provided. Commanding Officers are required to respond by Naval Message within 30 days indicating the specific disposition of the incident with an information copy to their ISIC.

In addition to obtaining an approved chit, personnel who are E-6 and Below shall use the "buddy system" while in the Mexico border area. A "buddy" is an adult, eighteen and older, military or civilian, whom the servicemember chooses, his command approves, and whose identity shall be specified on the request chit.

\*Refer to COMNAVREGSWINST 1500.1B for the MINIMUM liberty requirements for Tijuana and the Mexican border area.

**Commanding Officer policy at HELSEACOMBATRON THREE (HSC-3) requires ALL E-6 and Below personnel to adhere to the above CNRSW Mexican/Tijuana Liberty policy!**

*Additional items of interest regarding liberty in Mexico and the city of Tijuana on Automobiles, Personal Conduct, and Personal Safety may be found on the next page.*



### *Automobiles*

- Do NOT drive in Mexico unless absolutely necessary.
- Do NOT take rented vehicles into Mexico
- DO buy Mexican Insurance if you must drive in Mexico; a U.S. Policy, almost without exception, is not good in Mexico
- DO remember that even in a minor auto accident can result in your being imprisoned in a Mexican jail unit disposition of money damages occur.

### *Personal Conduct*

- Do NOT go to Mexico in uniform.
- Do NOT buy, sell, or possess Marijuana or other controlled substances (including metabolic steroids, diet pills, performance enhancers, etc – as many of these items contain other controlled substances.)
- Do NOT become intoxicated. If you do, do NOT drive.
- Do NOT argue with shopkeepers, bartenders, or taxi drivers.
- Do NOT carry firearms or other weapons in Mexico.
- DO avoid confrontations such as fights and arguments, and do serve as a proper representative of the United States armed forces.

### *Personal Safety*

- Do NOT put yourself into a situation with a stranger where you may be victimized.
- Do NOT interfere with the Mexican Police in the performance of their duties.
- Do NOT wander around the back streets.
- Do NOT use public ATM's late at night.
- Do NOT be on the streets late at night.
- Do NOT drink water from a tap or public water supply. This includes ice cubes.
- Do NOT purchase food from street vendors.

### *REMEMBER!*

- When in a foreign country, the rights that you enjoy as a U.S. citizen are not assured. You are subject to the laws and rules of that country.
- Mexican jails and prisons are definitely NOT pleasant places to be.
- If you park your car on the U.S. side of the border, and walk into Mexico, and if you drink alcohol while there, do NOT walk back across the border, get into the car, and drive. California police frequently patrol these parking areas.

## *IF YOU'RE IN NEED OF HELP!*

If you do get into trouble in San Ysidro, call U.S. Navy Shore patrol Liaison: (619) 428-2427, or the U.S. Consulate, Tijuana: 66-81-7400 or (619) 692-2154 (Consulate Duty Officer pager)



## MWR Information

---

# MWR THIS WEEK E-Newsletter

Prizes • Contests • Sneak Previews • All of the Latest MWR Information

To sign up for **MWR This Week**,  
email [Mindy.Hayes@navy.mil](mailto:Mindy.Hayes@navy.mil)

---

## Deployed Forces Support

---

**Facility: Regional Deployed Forces Support**

**Bldg#: 71**

**Address: 2375 Recreation Way**

**Base: Naval Base - San Diego - (NBSD)**

**Hours: Mon-Fri; 7:30 am-5 pm / Sat-Sun, Hol; Closed**

**Phone: (619) 556-3327, 556-4826**

**Fax: (619) 556-6399**

We offer the following programs: Liaison between ships & shore, Fleet Recreation Management Course, assist visit prior to inspections, conducts MWR briefings, special event coordination.

## Job Opportunities

---

### How To Apply:

Submit a completed SF-171, OF-612, MWR Application or resume in person to:

#### Community Support Programs

(Regional NAF Human Resources Office)

Naval Base San Diego (Dry Side)

Building 3210 (Anchors Catering & Conference Center) Main Street & Yuma Street

**Phone: (619) 556-8916**

Monday - Friday: 8 am-4 pm

**Or Fax to: (619) 556-9537**

- Fill out application and
- Attach in email to: [mwr.hr.dept@mwrsw.com](mailto:mwr.hr.dept@mwrsw.com)
- Or print and fax to MWR HR DEPT. 619/556-9537

The following web site contains information on how to apply for APF positions through Resumix.  
[http://www.resume.hroc.navy.mil/JobOpportunities/jobs\\_employment\\_opportunites.htm](http://www.resume.hroc.navy.mil/JobOpportunities/jobs_employment_opportunites.htm)



## EMPLOYMENT OPPORTUNITIES

The MWR Personnel Department is the starting block for non-appropriated fund job opportunities. We accept applications for the following positions on a continuous basis:

**Food Service Workers** - Waiter, Waitress, Cooks, Dishwashers, Bartenders, Bar Assistant, Cashier, security Guards, Custodial Workers.

**Recreation Aids** - Auto Hobby, Recreation Centers, Fitness Centers, Pools, Marinas, Single Sailor, Golf Pro Shop.

**Child Care** - Educational Aids, Operation Clerks, Receptionist, Program Assistants, Custodial, Cooks.

**Billeting** - (Bachelor Quarters Billeting) Custodial, Housekeeper, Operation Clerks.

**Recreation Assistants** - Dock Attendants, Sailing Instructors, ITT Ticket Sellers, Lifeguards, Water Safety Instructors.

**Laborer** - Bowling Lane Maintenance, Golf Driving Range.

**Clerical** - Accounting, Purchasing, Personnel, Operations Clerk, Administrative.

### Motor Vehicle Operator

**Child Care** - Locations throughout San Diego including MCRD, Miramar, Naval Station, Naval Amphibious Base, Naval Air Station North Island, Point Loma Subbase, Fleet Antisubmarine Warfare Training Center, Navy Medical Center.

### Program Areas:

Fitness, Food and Beverage, Recreation, Bowling, Sports, Entertainment Tickets and Tours, Child Development, Outdoor Recreation, Youth, Aquatics, Golf, Billeting, Outdoor Recreation.

**NOTE:** UPON EMPLOYMENT, MUST ENROLL AND PARTICIPATE IN DIRECT DEPOSIT.

## Sponsorship and Advertising Opportunities —

### COMMERCIAL SPONSORSHIP AND ADVERTISING

MWR can provide your organization with the opportunity to market your company's name and/or products to an exclusive military population. Both event Sponsorship and direct advertising are available to gain exposure and potential market share for your organization. MWR will work with you to design a package to meet your organization's marketing goals and objectives. For more information about the Navy's

[sponsorship program](#) call (619) 556-7464

**IRENE WELLS**

**MWR Regional Sponsorship Coordinator**

MWR Marketing Department

Naval Base San Diego

2375 Recreation Way, Bldg. 3532

San Diego, California 92136-5518

(619) 556-7464

Email: [irene.wells@navy.mil](mailto:irene.wells@navy.mil)



## Personnel

---

**Facility: Personnel**

**Bldg#:** 3210

**Address:** Main St. and Yuma St.

**Base:** Naval Base - San Diego - (NBSD)

**Hours:** Mon - Fri; 8:00 am - 4 pm / Sat-Sun, Hol; Closed

**Phone:** (619) 556-9611

**Fax:** (619) 556-9537

Located in the Anchors Catering & Conference Center at the I-5 freeway off ramp at Main St./National City Blvd. Application are accepted from 8:00 am to 4 PM Monday through Friday for a wide variety of positions for recreation, food service, child care and hospitality positions. Open positions listing, benefit info.



San Diego Armed Services YMCA



3293 Santo Road

San Diego, CA 92124

**Phone:** (858) 751-5755

**Fax:** (858) 751-5769

**Website:** [asymcasd.org](http://asymcasd.org)

**Contact:** Paul Steffens, Executive Director, (SA)

[info@asymcasd.org](mailto:info@asymcasd.org)

Since 1921, the non-profit San Diego Armed Services YMCA has assisted San Diego Military with free family bonding, social networking and youth enrichment programs to help them stress less and connect more.

#### **Youth & Community Outreach**

- Mom & Tots
- Craft & Conversation
  - Playgroups
- Healthy Living Walking Group
  - Operation Kid Comfort
    - Operation Hero
    - Camp Hero
  - Operation Outdoors
- Youth Enrichment Summer (YES) Programs
  - YES! Teen
  - Healthy Kids Day
  - Father Daughter Dance

#### **Active Duty Programs**

(619) 232-9084

- Military Volunteer Program
- Out and About Tours of San Diego
  - Welcome Homes
- Thanksgiving Adopt-a-Troop
  - Operation Liberty Call
  - Adopt-a-Command
  - Recreating Field Trips



### **Naval Medical Center**

(619) 532-8156

- Medical & Therapy
- Appointment Time Child Care
  - Arts & Writing Workshops
- ASY Medical Center Ambassadors
  - Community Connections
  - Digital Electronic Library
- Family Fun for Special Needs Children
  - Healing Touch
  - Message & Reiki Sessions
  - Medevac Family Support
- Neonatal Intensive Care Reunion
  - Recreation Therapy
- Therapeutic Horseback Riding
  - Therapy Dog Visitation
- Wounded Warriors Battle Back
  - Yoga and Meditation Classes
  - Recreation Therapy
- Wounded Warriors Battle Back

### **Family Outreach Department**

- In-home Family Counseling
  - Marriage Counseling
  - Individual Counseling
  - Parenting Education
- Clinical/Social Networking Groups
- Information, Resources & Referrals
  - Family Emergency Supplies
  - Neighborhood Exchange
- Super Parent Holiday Shopping Day
- Holiday Elf Program Children's Deployment Groups
  - Military Family Advisory Committee